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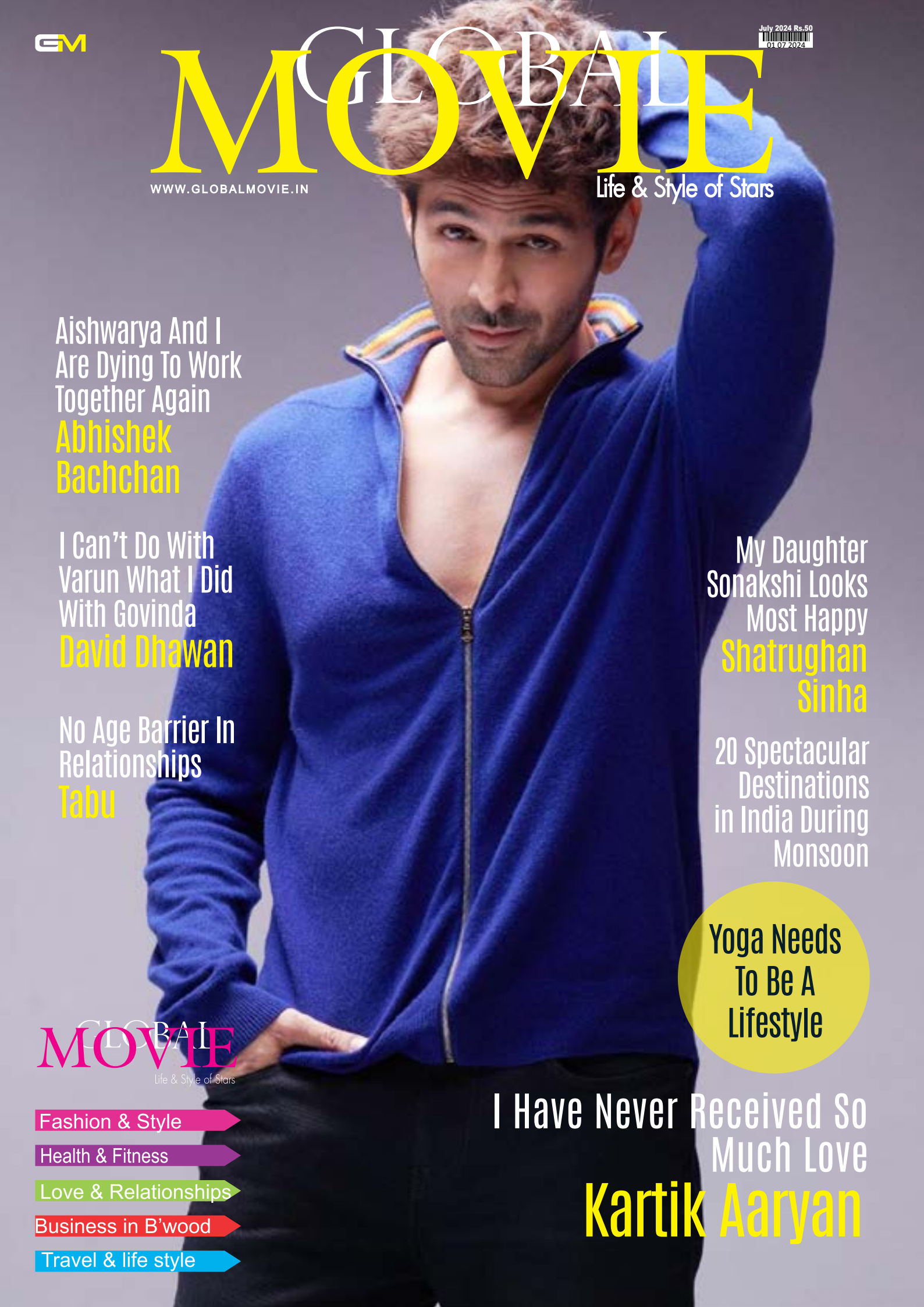

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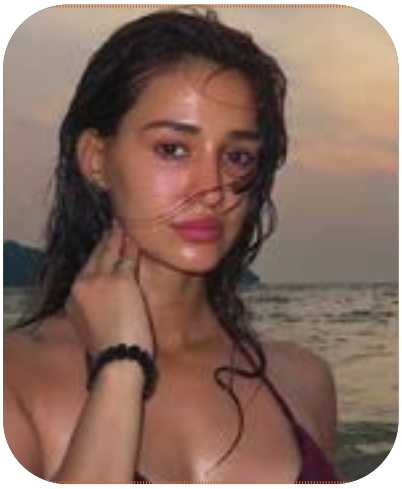


Seema Pimpley
Editor & Publisher

'I Have Never Received So Much Love'

Playing Murlikant Petkar changed my life.'

Kartik Aaryan considers Chandu Champion the most important film of his career so far.

"Playing Murlikant Petkar changed my life," "I've done so many films, in so many genres, but never a biopic. The experience is completely different. I had to transform myself, both physically and mentally, and the prep began from the day I signed the film. "A thrilling opportunity. The lessons I learnt on this film are going to remain close to my heart forever. I've also gotten a window to connect with a newer, wider audience, specifically every person striving to achieve their dreams by going against odds.

Not many actors get this opportunity to touch the hearts of the audience, and this character gave me that."Kartik speaks of the rigorous regiment he underwent to look convincing through various stages of Mr Petkar's life.

"The training regimen brought more discipline into my life. I had never looked at fitness the way I did during the process of becoming Murlikant. Once I got started, something changed in my wiring.
"Now I am more particular about what I eat, how I eat, and when I eat. It's a completely new lifestyle. Everything now has to fit within my health plan. I learnt on this film that health needs to be taken care of first. So it is important to have the right health coach to take you through a transformation and do it the right way without any shortcuts." The transition from Bhool Bhulaiyaa to Chandu Champion wasn't easy for Kartik.

"In my earlier work, the characters I played had a bit of 'Kartik' in them. I would find a personality trait of mine and highlight it. "But getting into the shell of a real person, with a life as illustrious as Murlikant Petkar, was important to me. It needed focus, a lot of unlearning and new learnings. I had to set 'Kartik' aside and become a different performer." Kartik reveals that the real Murlikant was very much a part of the project. "Kabir sir (Khan, Director) spent the most time with him, and I was tasked with following his cinematic envisioning of the character.

I met Murlikant Petkar for the first time after our first schedule. I was shooting in Pune and he had come on the set. He saw me giving a swimming shot and he said, 'tune ekdum mere jaise kiya.' That was a huge compliment for me. "Then we had our first movie screening in Delhi with Murlikant sir being the main guest. It was heartwarming to watch the film with him in the theatre, smiling throughout the film, with some occasional tears.

Post the viewing, he was very emotional. His smile and him holding my hand was all the validation I needed. I feel like I've already received the biggest award for this film.Among the directors he has worked with, Kartik rates Kabir Khan very high.

"Kabir sir is a very disciplined film-maker. He is so well prepared that it makes you push your boundaries further. He gives a lot of space for an actor to perform.

"Murlikant Petkar was a very difficult character for me to get into, and I would give the entire credit to Kabir sir and team because they helped me understand the character and bring out my best on screen." Kartik is overwhelmed by the response to Chandu Champion so far.

"I have been getting overwhelming responses. Of course, getting appreciation from veterans like Shabana Azmi ma'am and Javed Akhtarsaab is a huge deal. Shabana ma'am came out of the screening and gave me a tight hug.

What Left Kartik Teary Eyed?

Murlikant sir saw the film for the first time alongside the army chief and many other army officers.' 'The way he got a standing ovation there, I got teary-eyed. It was a very emotional moment for all of us.'

Chandu Champion is admittedly the toughest film in Kartik Aaryan's career so far. The Kabir Khan directorial is based on the life of India's first Paralympics gold medallist and war veteran Murlikant Petkar. Kartik pushed himself to make his latest role seem as realistic as possible. He left fans in awe with his physical transformation, which was evident in the posters and trailer of the film. Even after the gruelling filming schedule ended and the film is ready for its June 14 release, Kartik says he doesn't wish to leave this character behind and that gave his life "so much positivity". "The task was to deconstruct my image which is previously set in audiences' mind,"

You trained very hard for this film, not just physically but also mentally. Was it difficult to come out of this character after the shoot ended?

I have learned a lot from this character. I actually don't want to come out of it. (Smiles) Whether it is physically or mentally, the entire process has been very nurturing. It has given so much positivity in life. The lifestyle that I embraced for the last two years to play this character, I would like to continue with it. When I first heard the narration of this film, I was greatly inspired by the real life story. I always had the attitude of 'Never give up', but this film has validated that emotion in me so much more. I want to walk with the motto of 'The man who never surrenders' and don't wish to leave this character behind me.

Was it daunting for you to play a real life character?

It was a challenging process because I did not have any reference to play this role. If you Google Murlikant Petkar, there are very few images or videos of him, especially from his young age. Kabir sir (Director Kabir Khan) decided not to allow me to meet Murlikant sir. He had several meetings with him and made notes and pointers. This was my fodder to build up the character. It was a lengthy process, but we put in our efforts to make it work. Another difficult task was to deconstruct my image, which was previously set in audiences' minds. It was important that I look believable in this part. There is no romance or comedy or monologue in this film. The makers evaded me from doing all that. Right from body transformation to one long war sequence, everything about this film was new and challenging for me. I was put in a new arena as I was doing a genre that's so out of my comfort zone.

What got you excited about Chandu Champion?

The story. I was intrigued right from the beginning. I was also surprised how such a hugely inspiring tale had never been celebrated in films before. I was 100 per cent sure that this story should reach out to everyone. This was the main reason I said yes to this film. There are also beautiful dimensions in the film that are beautifully written.

What did you learn from Murlikant Petkar when you met him?

I met him during the shoot when I was filming the swimming portion. He saw me during the shoot and complimented me for my swimming, as he thought it was very similar to his style. It was a big thing for me because I thought all my hard work from the past two years has paid off. He is a war hero. He also achieved so much in sports. He wears a blazer which is embellished with medals that he won for many different things. There are so many facets to his life that it became a task to showcase all of them in a film. We tried to showcase 3-4 sports that he excelled at.

How did you work on your dialect for this role?

The film is in Hindi, but there are certain words in Marathi as well. We worked a lot on it. For example, instead of 'Nahin', I am saying 'Naahi' or not 'Hu Main', but 'Hai Mai'. The script had everything written in it and that helped me a lot to do something different with this character. I am thankful to Kabir sir that he cast some wonderful actors, who bring their own uniqueness to the film. It's because of them my work probably also shines through.

Did you have an emotional breakdown during the film shoot?

Yes, there were a couple of scenes where I was emotionally overwhelmed. I lived with this character for two years, so filming certain breakdown scenes affected me. There is a line in the trailer: 'Main har uss Chandu ke liye ladna chahta hu jo champion ban sakta hain.' That entire scene was very emotional for me to shoot.

The audience associates you with the boy next door image. Is this film a conscious effort on your part to break that image?

I have done films like Freddy, Dhamaka, Satyaprem Ki Katha also. There's no strategy in my case, I probably just follow my gut instinct. I wish to do different kinds of films each time. When a script is offered to me, I ask myself if I would like to watch this film in a theatre. Or whether I would have fun while playing this role. Tomorrow I might do three back-to-back romantic films, if the story is good. I won't let go of a good script, irrespective of genre.

A lot of Hindi biopics fail to gather audiences' interest. What makes this film different?

I think it has nothing to do with a particular genre, but the quality of the film. Just because one particular film didn't work, you can't say audiences don't want to watch that genre anymore. If you make a good film, people will definitely watch it. Chandu Champion is not a sports biopic, rather it shows a journey of a person who achieved so much in so many different aspects of his life. Murlikant Petkar is an unsung hero who put our nation on the global map. He was a wrestler, a swimmer, a boxer, a war hero. This is a very unique story. This film is a story of human triumph. For me, the film has to be a mix of content and commercial elements. And this film is the right blend of both.

There was a standing ovation at the first screening. With such a positive reception coming out, how are you feeling?

Yes, we hosted a special screening which was attended by Murlikant sir. He saw the film for the first time alongside the army chief and many other army officers. The way he got a standing ovation there, I got teary-eyed. Even Murli sir was out of words when the film ended. It was a very emotional moment for all of us.

Why Vijay Sethupathi Won't Work With Younger Actresses

> 'I felt awkward pairing with Anushka Shetty on screen because she had played my daughter in a film.'

The extraordinary Tamil-Telugu-Hindi actor Vijay Sethupathi has a major release coming up this week. It is titled Maharaja. Coincidentally, Aamir Khan's son Junaid Khan's debut film is titled Maharaj and it begins streaming on the same day as Vijay's Maharaja. "Oh, is it?" says VS when I pin him down for an interview. "I wish him all the best. I've just been running from one city to another promoting Maharaja.

"It is my first really massive film in a long time. And we are doing it in Tamil, Telugu and Hindi. The Hindi version may release a week after the other versions. This is what the producer told me." VS reveals there was actually another Hindi film that he was going to do. "Coincidentally Anurag Kashyap, who is my co-star in Maharaja was to produce that film. "Vasan Bala was to direct. It never happened. Then I wanted to do a Hindi remake of a Tamil film Good Night with me in the lead. But the producer didn't find it exciting in Hindi." VS is in constant search of scripts that challenge him. "I wouldn't say it's tough to find challenging roles. It is tough to ensure it turns out well. "Many times the script falters in that direction. "There is no guarantee of a film turning out as well on screen as it sounds on the script level. "Actually, there is no guarantee of anything in life. "When Nithilan Swaminathan narrated it to me I immediately connected with my character. How? It's just an instinct. "Most of the time my gut feeling pays off. This time I felt an instant relatability with my character. "I know what it is to want to protect one's family." The actor-extraordinaire is not willing to reveal much about Maharaja. "It is a revenge story with lots of emotions. "Anurag Kashyap plays the antagonist. We have always shared a mutual respect. "When I was in Mumbai he showed me his film Kennedy. I liked working with him. He is an interesting co-star." VS says he places the script above all including the director. "I don't choose directors. I choose scripts. "The director could be someone who has not had any experience. I don't mind working with debutant directors if their script excites me." Vijay recently made a relevant statement about not working with Anushka Shetty as she was almost his son's age. He is not kicked by the attention given to what he says was a casual observation. "Why is this such a talking point? I wasn't saying anything controversial. "It was twisted out of context. "What I meant was, I felt awkward pairing with her on screen because previously she had played my daughter in a film. "She even calls me Dad in real life. So that was a problem. "Otherwise it doesn't matter what my heroine's age is. It is all acting." Would he agree that there is a tradition in Tamil and Telugu cinema of superstars working with actresses half their age,and more? VS begs off. "Sir, please don't turn this interview into a controversy. We will speak about that some other time. "Right now I am focussed entirely on Maharaja. It is a very crowd-friendly film. ''I get to play the truest hero possible: A man who would go to any lengths to protect his family." Wasn't he tempted to play the antagonist? "Not at all. I have played the villain in some of my recent films. My fans did not like it. Neither did I."

Meet Sonakshi's Beau, Zaheer Iqbal

Sonakshi Sinha, who is basking in the success of her hit Netflix show Heeramandi, will reportedly wed her longtime boyfriend Zaheer Iqbal on June 23.

The couple have been dating for seven years and are finally making it official.

But just who is Zaheer Iqbal? Namrata Thakker finds out. Born on December 10, 1988, Zaheer attended Bombay Scottish school -- which has star alumni like John Abraham, Hrithik Roshan, Ekta Kapoor and Ranbir Kapoor -- and hails from a non-filmi background.

Zaheer's sister Sanam Ratansi is a well-known Bollywood celebrity stylist while his father is into construction and also has a jewellery business.

Salman Khan shares a close bond with Zaheer's father, Iqbal Ratansi, and helped launch Zaheer's movie career. Zaheer worked as an assistant director in Salman's 2014 film, Jai Ho, before he made his acting debut.
In 2019, Zaheer debuted alongside Pranutan Bahl in Notebook, which was produced by Salman Khan.

Salman decided to launch Zaheer after seeing him perform at his sister Sanam's wedding.

Interestingly, Salman launched Sonakshi as well, in Dabangg.

In 2022, Zaheer and Sonakshi acted together for the first time in Double XL. But the movie didn't do well at the box office.

While the 35 year-old hasn't appeared in movies since 2022, Zaheer has many other passions apart from acting.

He loves cycling, competing in swimming marathons and manages his family's construction business.

He is also a certified advanced open water diver, just like his ladylove Sonakshi.

Anurag Kashyap on Payal Kapadia's big win: 'India didn't have any moment at Cannes

Anurag Kashyap opened up about Payal Kapadia's big win at Cannes and shared that India didn't support such cinema anymore

Anurag Kashyap has made a bold statement saying India cannot claim the victory of Payal Kapadia's film 'All We Imagine as Light' as the country doesn't support films like these. Kashyap emphasized the need to address this topic properly. According to him, India has stopped supporting cinema that goes to Cannes. In an interview with PTI, Kashyap shared, "I get very upset when it's said 'India@ Cannes'. This is a boost... a shot in the arm for a lot of independent filmmakers but their victory is their own. India didn't have any moments at Cannes. None of those films are Indian. We need to address it the way it should be addressed. India has stopped supporting such cinema, the kind of cinema that was at Cannes." The actor-director further shed light on how Payal's film was not funded by India but by France. "Payal Kapadia's film happened because of the French fund. India did not even give the rebate promised to that film. It still has not been given. Sandhya Suri's film was funded by the UK Film Lottery Fund. Karan Kandhari's film was funded by the UK. Konstantin (Bojanov, who directed "The Shameless")'s film was almost self-financed and a company that funded it. He got no support from India. India just likes to take credit for a lot of things. They do not even support these films to release in cinemas in India. Payal Kapadia's last film also won at Cannes. Has it been released in India? We have two Oscar-nominated documentaries. Did they release it in India? The government does not even have a support system for things that bring a lot of soft power, cultural respect to India. Let's stop this useless celebration,"

BJP MP Kangana Ranaut says politics is a 'lot of effort' and film industry is 'comparatively easier.

'BJP MP Kangana Ranaut says politics is a 'lot of effort' and film industry is 'comparatively easier'BJP MP Kangana Ranaut says politics is a 'lot of effort' and film industry is 'comparatively easier'Kangana Ranaut ran for the BJP and recently won the 2024 Lok Sabha elections in the Mandi constituency. In an interview with The Himachali Podcast, she mentioned that working in movies is much easier than in politics. She also said she had been offered to join politics in the past as well.

Kangana said in Hindi, "This is not the first time I was approached to join politics. I have received several other offers in the past. After my debut Gangster, I was offered a ticket. My great-grandfather was an MLA for at least three terms. So when you belong to such a family, and taste some success, the local leaders approach you. It is very common. In fact, my father had also received an offer. My sister was offered to join politics after she survived an acid attack. So for us, it is not a big deal for us to get political offers...If I wasn't interested in this, I didn't really have to go through so much trouble." "I am a person who goes with passion. Even in the film industry, I am an actor, writer, director and producer. Here in my political career, if I have to engage myself with the people here, I will go ahead with it. There is no compulsion. However, I won't deny that the work in the film industry is comparatively easier than in politics. The latter takes a lot of effort. This is a harsh life, just like doctors, where only troubled people come to see you. When you go to watch a film, you are very relaxed. But, politics is not like that." She also added.About BJP MP Kangana Ranaut recentlyTwo days after being elected as BJP MP from Himachal Pradesh's Mandi, actress Kangana Ranaut has hit the news. The actress who was on her way to Delhi from Chandigarh airport has alleged that a CISF security official at Chandigarh Airport slapped her at the airport. According to Ranaut, while she was proceeding to the boarding point at the airport to travel to Delhi by UK707 flight, the CISF official, Kulwinder Kaur, allegedly argued with her and slapped her. After arriving in Delhi, Kangana met CISF Director General Nina Singh and other senior officials and explained the episode to them.

Disha Patani Birthday 2024: From MS Dhoni to Kalki 2898, looking at actress' journey through her films

Disha Patani, who debuted in Hindi films with 'MS Dhoni: The Untold Story,' has come a long way. Today, on Disha Patani's birthday, let's look at her journey in the industry through her films.

Disha Patani's first Hindi film was **'MS Dhoni: The Untold Story.'** In the film, the actress played the role of Dhoni's girlfriend, who passes away in a car crash. The film stars Disha alongside the late actor Sushant Singh Rajput and Bollywood's leading lady Kiara Advani. Although Disha's role in the film was very small, she proved herself with her acting skills and earned a lot of praise from audiences and critics alike.

Baaghi 2

Disha established herself in the industry when she starred alongside Tiger Shroff in the second instalment of 'Baaghi.' After the release, the film received mixed reactions, but it was the film's action sequences and Disha's glamour that made people like it.

Malang

Next up is this tragic love story. Disha Patani starred opposite Aditya Roy Kapur in this romantic saga, which had the audience crying. The story of the movie is based on a boy who meets a free-spirited girl and falls in love. Opposites attract, and all goes well until life turns upside down. Years later, Advait is on a killing spree with cops Aghase and Michael in his way. The movie was commercially successful.

Radhe

Patani joined hands with Salman Khan as the leading lady of Prabhu Deva's directorial 'Radhe.' The movie, which was first supposed to be released in theatres, got delayed due to the COVID-19 pandemic. Later, on high demand, the film was released on Zee5 and had strong viewership on OTT.

Ek Villain Returns

In 2022, Patani played a retail salesperson and John Abraham's love interest in the second instalment of Mohit Suri's psychological thriller. Along with Disha, the movie stars Tara Sutaria, John Abraham, and Arjun Kapoor in the lead roles.

Yodha

Most recently, Disha was seen in the aerial actioner 'Yodha' alongside Sidharth Malhotra. Disha played the role of a terrorist disguised as an air hostess.

Cameos

In her career so far, along with some strong performances, Disha has made a few impactful cameos. She first made a cameo as herself in the film 'Welcome to New York.' Later, she made extensive cameos in 'Bharat' and 'Baaghi 3.'

Future

Disha Patani will next be seen in 'Kalki 2898 AD.' The movie stars Deepika Padukone, Prabhas, Kamal Haasan, and Amitabh Bachchan in the lead roles. The actress will also star in the comedy-drama 'Welcome to The Jungle.'

"Forever grateful...": Sharvari on 'Munjya' success, working in YR

Sharvari Wagh has been on a roll. Her latest film 'Munjya' has garnered positive reviews from the audience and critics alike. Speaking to ANI, the young artiste expressed her gratitude towards fans for appreciating her movie.

"I have waited to receive this kind of appreciation for so long...I am seriously out of words. The audience is giving immense love to our film. My mother is so proud of me... she has been with me through thick and thin and when she saw this film she said that she is proud of me. It meant so much. There's nothing better than receiving blessings from people. I remember when I surprised fans by visiting a theatre screening.

One woman came to me and blessed me. I am extremely grateful for all the love," Sharvari said. 'Munjya', a horror-comedy, has been attracting audiences to theatres since its release on June 7. Directed by Aditya Sarpotdar, Munjya is rooted in Marathi folklore. It also stars Mona Singh, Abhay Verma, and Sathyaraj.

In the coming months, Sharvari will also be seen sharing screen space with Alia Bhatt in YRF's spy universe film. However, an official announcement regarding the project is still awaited.

Talking about it, she shared, "I am over the moon. Working on (YRF's spy universe film) is a big responsibility. I have always dreamt of working in big films...so it feels great when your dreams get fulfilled." She also has 'Vedaa' with John Abraham in her kitty. She described it as a "special film."

"Vedaa is a special film. Also, it's my first titular role....can't wait for the audience to watch it. The film also delivers an important message to the society," Sharvari added. Helmed by Nikkhil Advani, 'Vedaa' is scheduled to hit the theatres on Independence Day.

'MY DAUGHTER SONAKSHI LOOKS MOST HAPPY'

'Unki jodi salaamat rahe.'

"The marriage was a private affair: it was always meant to be," Shatrughan Sinha tells

"We celebrated the marriage at a party where all our friends were there. I am sorry I had no time to invite friends abroad like dear Mumtaz, to whom I owe my career. I read her affectionate comments in your article.

I want Mumtaz and my other friends who couldn't be there for my daughter's wedding celebrations to know: I owe you," he says.

The proud father gets emotional as his daughter steps into a new phase in her life.

"Every father waits for the moment when his daughter is given away to her chosen groom.

My daughter Sonakshi looks most happy with Zaheer. Unki jodi salaamat rahe," he says. "I would like all my fans, friends and constituents to bless the couple.

Forty-fours years ago, an actor named Shatrughan Sinha married a very beautiful, talented and successful girl of his choice: Poonam Sinha. Now, it is Sonakshi who has married the boy of her choice."

'I CAN'T DO WITH VARUN WHAT I DID WITH GOVINDA'

David Dhawan is the happiest grandfather in the world.
"My two sons, their children and my wife are all together," he tells Subhash K Jha.

"We have our meals together. It's like living a dream. I couldn't ask for more. God has been very kind."

The director is also back where he belongs: Shooting a new comedy.

And it stars his son Varun once again.
"This is my third film with my son," he says.

"You can call it my gift to his new fatherhood. It will be in the David Dhawan space.

Why should I do something different when I am doing fine?

Why open the bonnet in the middle of the road when the car is running smoothly?

At the same time, I have to adapt with the times. The loud comedy of Haseena Maan Jaayegi will not work today."

Interestingly, Haseena Maan Jaayegi turned 25 on its leading lady Karisma Kapoor's birthday on June 25.

"Govinda, Sanju (Dutt), Karisma Kapoor, Pooja Batra, Kaderbhai (Khan), Paresh Rawal, Anupam, Satish Kaushik... it was so much fun.

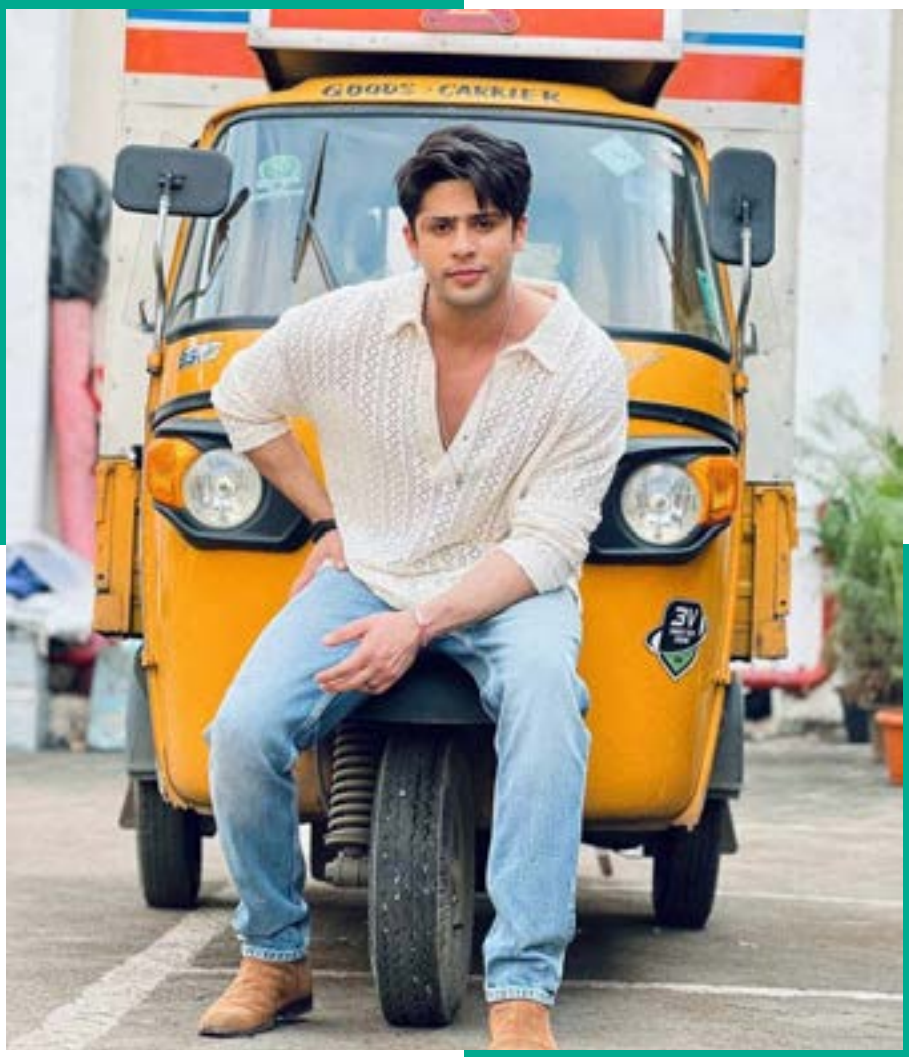
We were a team. We laughed, ate, pranked... the shooting was a picnic.
"It isn't the same any more. I can't do with Varun what I did with Govinda. Varun is not similar to Govinda at all. Govinda was a legend in his own right, with a style no one can copy.

What Govinda and I did together in films like Haseena Maan Jayegi, Hero No 1 and Coolie No 1, can't be repeated with any other hero."

David's new comedy will introduce Telugu dancer-actress Sreeleela to Hindi cinema.

"Jee haan, Sreeleela is there. So is Mrunal Thakur. Sreeleela will make her Hindi debut and will do more than just

'Love Keeps Evolving But That Simplicity Has Gone'



Once the cherubic face who charmed audiences as Krish, Shah Rukh Khan and Kajol's son in Kabhi Khushi Kabhie Gham, Jibraan Khan is now set to step into the spotlight once more, this time as the leading man in the rom-com Ishq Vishk Rebound. His journey from child artist to adult actor has not been easy. It's filled with hundreds of auditions and multiple rejections. "My struggle has taught me a lot of things but I am happy with what is happening today and whatever is going to happen ahead in my life,"

The trailer and songs of your debut film as an adult have been generating buzz, especially among youngsters. How does it make you feel?

It's a feeling that I cannot describe in words. I waited for years to bag a film of this scale to make my debut with. We are so blessed to be working with a production house like Tips Films, with our producers Ramesh Taurani and Jaya Taurani.

'Love in today's time is very fast paced, whereas I seek calmness in love.'

Our director (Nipun Dharmadhikari) is fantastic. The icing on the cake is this kind of reaction that we are getting for the film's music. When I wake up in the morning and see this love coming my way, it overwhelms me. I hope we get the same amount of love when our film releases in cinemas on June 21.

What are your memories of the original Ishq Vishk?

I was eight when the film was released. I clearly remember that I, along with my sister and her friends, went to Chandan cinema in Juhu (north west Mumbai) to watch the film. When I came out of the theatre, I was singing the title track, Ishq Vishk. The entire cast of the film was fresh and so was its album. I would say Ishq Vishk was a breath of fresh air at that time. The makers and Rochak (Kohli, music director) have tried to come up with a fantastic soundtrack this time around as well.

Rebound similar to Ishq Vishk?

There is nothing common between the two films story-wise. Our story is new, our characters are new. The only common thing, I would say, is that Ishq Vishk had a fresh cast and

incredible music. Our film also has a fresh cast and great music. Another similarity would be the confusion around love. See, love is the same but its meaning has changed over the years and that we have tried to show in this film as well. Additionally, you will see emphasis on friendship and the importance of family.

How challenging has your journey been from child actor to leading a big banner like this?

The answer to this question is long but I would say that it has been very, very tough. Every actor's journey is different and difficult. I cannot say that it's easy for some actors and difficult for others. But when I talk to you, the press, go out for promotions, see my face on hoardings and amid all of this, someone walking up to me and asking for a selfie, all those memories of my struggles evaporate. The journey was difficult, of course, but when I see the present, it's worth it. My struggle has taught me a lot of things but I am happy with what is happening today and whatever is going to happen ahead in my life.

Was it the first film you auditioned for as an adult actor?

No, no, not at all. I have auditioned a lot in my life like any other actor and have been rejected. I have said no to scripts as well. This was one film where I felt when I left the audition room only that yeh mil jaye to mazaa aa jaye because the title has a great recall value. Additionally, our producers are very prominent. They make hit films and always deliver good music.

How do you see love?

Love is all about simplicity. When I reach home, I want peace, happiness, and, of course, a lot of fun. I fear unnecessary, irrelevant questioning which maybe stems from insecurity. I believe that love in today's time is very fast paced, whereas I seek calmness in love. I am a little old school type, so I believe in simplicity and calmness in love.

Do you think social media has complicated love?

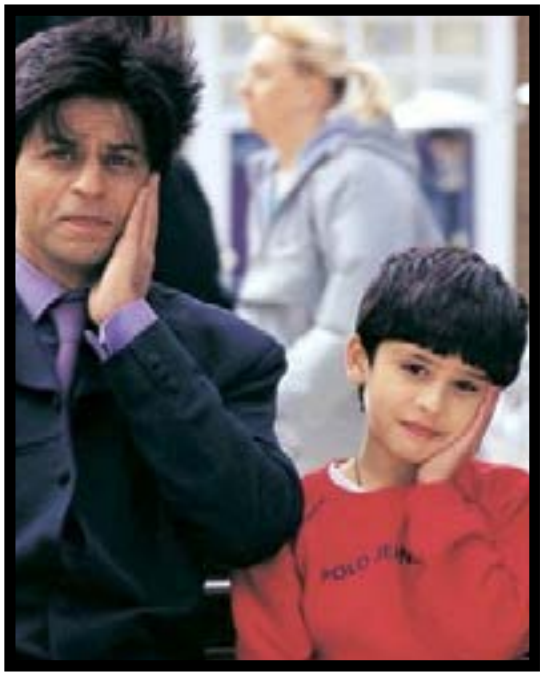
Yes, but it is a tool that you can use the right way also. See, love has been different in every generation. It was different when our parents were young. Love was then about a phone call, a trunk call. Then it came to emails. Now, it's about right and left swipes. Love keeps evolving, but that simplicity has gone somewhere.

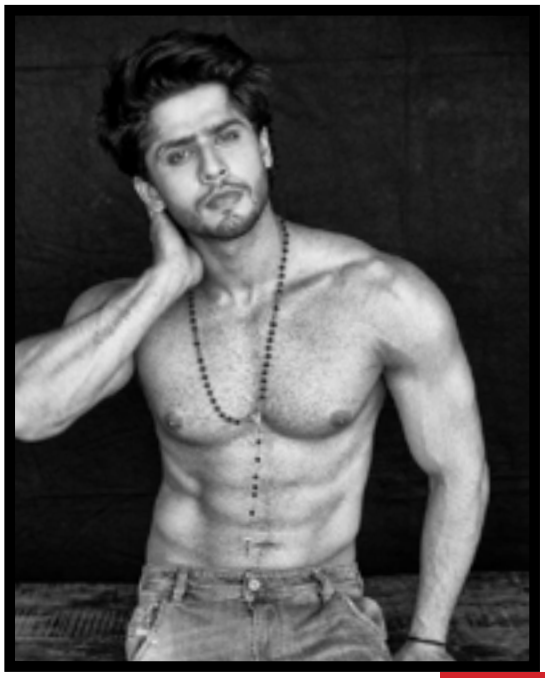
Did the fact that it's not a solo-hero film and that you are sharing screen space with three other actors bother you?

All of us read the script before signing the contract, so we knew who was doing what in the film. It's a film about four young people. At the end of the day, what truly matters is what your story is trying to say.

It's extremely hard to bring audiences to theatres in the age of OTT. Does that scare you as a newcomer?

See, no actor or producer is trying to make a bad product. We put our hearts and souls into making a film thinking the audience is going to love it. Come June 21 and the fate of our film would be in audiences' hands. I don't know how they are going to react. I can just pray that they love it. Everyone comes with that belief that, you know, it will be accepted.Yes, I am nervous (laughs). But I also strongly believe that we have made something solid.





‘Sudden Hearing Loss Can Happen At Any Age’

‘The earlier you get your treatment done, the better the chance of recovery.’

Singing legend Alka Yagnik shared heart-breaking news this week when she announced that she suffered from a **rare sensory neural nerve hearing loss** due to a viral attack.

Just what does that mean and what causes it? More importantly, how can we avoid it?

“Never use your amplification hearing devices like headphones and Bluetooth for more than half an hour in one go and try to moderate the intensity. It should not be 90 or 100 decibels. If you want to enjoy your music, 45-50 decibels is fine.”

What does Sensory Neural Nerve Hearing Loss mean?

The ear serves two functions.

One is to make ourselves hear the world, and the second is to maintain balance. So we stand, sit and we walk because of our eyes, our ears and our joints. Like other organs can lose their functions, the ear can also lose their functions. Sudden hearing loss means the functional capacity of ear goes off all of sudden. The ear has three components: The outer ear, middle ear and the inner ear. The outer and middle ear serve transfer the sound from the environment to the inner ear. The inner ear has some hair like cells, which transfer the sound by making them into signals to the brain.

This is how we hear. Now if these hair cells lose their function, we cannot hear. This is what we understand as hearing loss. Hearing loss is bilateral or unilateral, which means either both ears or it can affect only one ear. Sometimes, the ear can lose function but not completely. So the hearing loss is not 100 percent. One can have a partial sudden hearing loss too.

Sensory Neural Hearing Loss means the inner ear is not functioning.

What are the reasons for this?

There are two types. One is idiopathic, which means we don’t know the reason. Majority cases are in this category.

In the second, it’s a known cause. These known causes can be sound trauma, viral infection, bacterial infection like meningitis and trauma. Sometimes we can have sudden hearing loss because of tumors.

In her post, Alka Yagnik cautioned against loud music and headphones. Is that also a cause?

Yes. In medical science, we understand these situations as noise trauma.

If there is a sudden blast or if you go to a (night) club where there is loud music of 100 decibels and if you expose yourself to that for more than 30 minutes, you may get sudden hearing loss.

Is this age-related?

Sudden hearing loss is not age-related. Gradual hearing loss is age-related. Nerves start aging like the other parts of the body. Diabetes, chronic diseases, liver disease and blood pressure can make the nerve age faster. But sudden hearing loss can happen at any age. We have seen kids with sudden hearing loss.

What are the symptoms for Sensory Neural Nerve Hearing Loss?

Sudden hearing loss itself is the symptom. Sometimes, sudden hearing loss is associated with dizziness or imbalance because the other purpose of the ear -- balance -- may also get compromised. They may also feel vertigo and vomiting, but not always.

What is the treatment for this?

Again, there are two types. If the cause is known, the treatment becomes a little easier. You have to remove the cause. Like if it is a bacterial infection, you remove the bacterial infection and you can get your hearing back. If it is a tumour, you remove the tumour, and you can get your hearing back. But the most important factor in idiopathic hearing loss is time. The earlier you get your treatment done, the better the chance of recovery. Like, if you have any organ failure, if you reach hospital faster, the chances of your survival or your organ survival is better. The same goes for the ear. If you have sudden hearing loss, and you reach hospital in one hour, you will get better chances of recovery. If you will reach in one day, you will have more chances of recovery, but not as good as one hour. So time is very important. For treatment, we use an audiogram to check the hearing. We do an MRI to check for tumours. We sometimes do impedance audiometry to identify hearing problems. We check your blood sugar and do a thorough check on any other illness you have. We can start giving steroids through the intra-tympanic route. There is a window in the ear, the round window, through which we can introduce steroid drugs into your inner ear and hyperbaric oxygen. Oxygen can sometimes revive your organs.

What are the precautions against this condition?

Avoid noise pollution.

Whenever you are having fever for a long time, correct your fever because in some cases like viral fever, one can have hearing loss. Avoid the use of ear buds. Avoid listening to loud music. Of course, other things like avoid smoking and alcohol, blood pressure is bad, uncontrolled sugar is bad. We all know that we should take care of these things.

You mentioned ear buds. Can you please elaborate?

Ear buds are not to clean ears. The purpose of ear buds is to apply ointment but mistakenly, we use ear buds for cleaning ears.

We don't know what is inside our ears. We use ear buds blindly. Suppose if our ears have some structural abnormalities, it can be damaged with ear buds. A blind procedure by using ear buds for ear cleaning is not advisable and sometimes, can be dangerous.

Sometimes, you can also stimulate a nerve which can stop the heart from functioning. You can have syncope and be unconscious for a few seconds because the nerve which supplies the eardrum is also supplying the heart.

To stimulate your nerve from your ear can stop your heart to function for a few seconds. So if you are on a flight of stairs at that time, you can fall down and have other injuries too.

Would you say this condition is common in your experience?

See, it's not uncommon.

Being an ENT, working in Apollo Hospital, Delhi, we see such patients weekly, especially the youth, who use hearing amplification devices like headphones or Bluetooth too often.

It will be disastrous if we keep up the noise pollution, for our ears, for society... You know, noise is not good for animals too. If it can impact animal behaviour, it is impacting our behaviour too. If you are habitual of using headphones all the time, the social interaction is becoming less and it's impacting our behaviour.

If you're listening to music or watching movies or videos all the time on your headphones, you are on your own. How will you bond with the others around you? So for the future, this is not something we recommend.

What advice would you give our readers?

Get a routine check-up of your ears annually.

Never use your amplification hearing devices like headphones and Bluetooth for more than half an hour in one go and try to moderate the intensity. It should not be 90 or 100 decibels. If you want to enjoy your music, 45-50 decibels is fine.

We should not involve ourselves in activities which include loud sounds for a long time as are troubling your ear as well as your brain.

Like, if we are going to a (night) club, we should not be inside for more than an hour. Try to come out after 30 minutes, so you can relax your ears so that they are ready to bear that noise trauma again.If you are in a club for a long time, it is not good for your ears.

We should not use ear buds to clean our ears. You can introduce infection. You can even traumatise your eardrum.

'SOCIAL MEDIA HAS COMPLICATED EVERYTHING, NOT JUST LOVE'

Would have become a big star 11 years ago if things had worked as per my plans.'

With his boyish charm, Rohit Saraf has carved a niche for himself as a romantic hero in films as well as Web shows.

After winning hearts in Ishq Vishk Rebound, does he fear getting typecast?

"I would not have made such choices if I had any kind of fear in my mind. Rom-coms are my safe space. I like coming back to romance every now and then,"

How does it feel to headline Ishq Vishk Rebound, which is a spiritual sequel to Ishq Vishk?

It's a dream come true, honestly.

People always say that you should be happy with your work. But eventually our happiness is limited to the time the film doesn't reach people. We have worked really hard on this film, on its songs, and are happy with the way it has shaped up.

What do you think of rom-coms and teenage love stories? You have done a few over the years.

I absolutely love them.

Romance has been my most preferred genre since childhood. I love watching rom-coms and love being a part of them.

My Netflix series Mismatched has received unfathomable

love from the audience.
It has been five years since we started the show, and we have done three seasons. That's a big deal. There is clearly space for romance in our stories. People just love such stories

Do you fear getting typecast as a romantic hero?

No. I would not have made such choices if I had any kind of fear in my mind. Rom-coms are my safe space. I like coming back to romance every now and then. I also like to do films like Vikram Vedha, where I get to explore another facet of my acting skills. Somebody just said that my audience is basically the youth, teenagers. That's true.

I cannot even tell you how much love and appreciation I have received from this segment of the audience. I also want children and grown-ups to love me the same way. I want to widen my audience and for that, I do films like Vikram Vedha. But trust me, I have no fear of getting typecast.

What are your memories of the original Ishq Vishk?

I don't exactly remember what my feelings were after watching the film but I really enjoyed it.
I loved its songs. Tips makes incredible music for their films; Ishq Vishk's album was fantastic. I also remember crushing hard on Amrita (Rao) ma'am. She looked so simple and beautiful. Of course, Shenaz (Treasury) ma'am looked good too. I loved Shahid (Kapoor) sir's dancing.

Did working on this film remind you of any of your college heartbreaks?

I never went to college (laughs). I dropped out after the 10th.

What is your opinion on how we tell love stories in today's times?

I love love stories in general. My recent favourite is Laapataa Ladies. It's really beautiful. And so simple! Not many people would call it an out-and-out love story but whatever romance you see in the film, it touches your heart.

There was an innocence in Laapataa Ladies. Do you agree?

Sometimes innocence lies in the story, and other times it is in the characters.

Innocence has a broad meaning, if I may say so.

I agree that Laapataa Ladies was an innocent love story of extremely simple people, told in the simplest possible way. At the same time, films like Rocky Aur Rani Kii Prem Kahaani also do exceptionally well. That was a love story but not a simple one. It was complicated with a lot of complex layers involved. It touched upon a lot of intellectual things.

I don't think there is an appetite for simple love stories only. All kinds of love stories are welcomed, if made well.

Do you think social media has complicated love?

I think social media has complicated everything, not just love. Having said that, it has helped us reach so many people.

I mean, you can chat with people sitting far away, people you have never met. It feels great when some person sitting in some country sends you a message saying they loved your work. Actors connect with people more because of social media.

Do you think Ishq Vishk Rebound will propel your career forward?

Wow, I don't know.

I do hope it will take me a step forward and that I will get more opportunities after this.

I would have become a big star 11 years ago if things had worked as per my plans (laughs).

Life has its own plans.
My career has gone through its share of ups and downs and when I look back, I keep every success and failure close to my heart because it has made me the person that I am today.

'Aishwarya And I Are Dying To Work Together Again'

'We are just waiting for the right script.'

As Mani Ratnam's Raavan completes 14 years in June, its star Abhishek Bachchan goes back in time to remember shooting for the film in the jungles along with his wife, Aishwarya Rai."Raavan was the most challenging experience of my life, physically and emotionally. It sapped me in every way,"

How do you recall the Raavan experience?

With tremendous love, affection and fondness. It was my third film with Mani Ratnam. I can't wait to work with him again. You haven't worked with Aishwarya since Raavan.We are dying to. We are just waiting for the right script.

Shooting in the jungles, weren't you concerned about Aishwarya's safety?

I am a normal man and a normal husband. I was definitely concerned for my wife's well being and she was equally concerned about me.

I believe she was up to any risk that the role demanded?

Oh, she's very, very strong. But Mani wouldn't allow her to do anything that was unsafe. Speaking for myself, it was great fun. Ask any of Mani's actors. They'll tell you they're willing to do anything he asks them to.

Was Raavan a challenge due to the gruelling jungle locations?

Raavan is the most difficult film I've ever done. It offered me my most challenging role to date. It was deeply challenging for Aishwarya and me because we shot in the jungles under the most severe conditions. Finally, it was worth it.

How do you rate your performance in Raavan?

I can't say I'm satisfied. When I saw the film recently, I realised there is so much more I could have done with my role. Given the opportunity, I'd do Raavan all over again, and a lot more. Raavan was your third and by far, the toughest film with the magical Mani Ratnam. I believe Raavan is even more magical than Yuva and Guru. It's territory that neither of us had ever visited. I believe it's Mani's most massy film to date. You know it's funny, but because Mani has a fantastic aesthetic sense and he's constantly raising the bar with every film of his, it is believed that his films are high art meant for a select audience. But Mani is for the masses.

How was your rapport with Mani during Raavan?

I go by his judgement and believe he knows best. Our relationship goes beyond films. I would like to work with him a fourth time. The entire industry wants to work with him. Raavan wrenched you away from your comfort zone.

To shoot in the jungles wasn't easy. But why do a film unless it challenges you to go beyond your comfort zone?

I've always done films that remove me from the comfort zone and put me in a place I've never been before. That's one of the main criteria for choosing a role. Focusing on the emotions of your character Beera while doing those heart-in-the-mouth stunts couldn't have been easy. That was a double challenge. First, I was doing a role that required me to perform the most challenging physical activities. Then I also had to emote in ways that I had never done. And one couldn't be compromised for the other. It was very difficult but the pain was worth it. Mani allowed me to watch the film as it was being shot. I knew it was something very, very special.

Did shooting in the jungles bring you closer to nature?

It couldn't get any more natural... We were in the jungles with the animals, insects, waterfalls, rain and nature for months. It was Mother Nature in all her glory. I've always been very eco-conscious but this experience changed my life.

How was it working with Vikram?

I've known Vikram for a very long time. He's a very sweet chap. I take it as a compliment when my co-stars enjoy working with me. Making a film should be as much fun as watching it.

Closing thoughts?

Raavan was the most challenging experience of my life, physically and emotionally. It sapped me in every way. I was really anxious about Raavan. Mani, Aishwarya and I had to go beyond Guru, which is one of my favourite films. I knew Raavan could do it. I'm very proud of the film. I know everyone has given sweat and blood to it. It was a lot of hard work.

'I DON'T PREACH ABOUT KEEPING TWO WIVES'

My primary reason to participate was -- and I told my wives as well -- that the three of us would live happily together on the show and create history.'

With three YouTube channels boasting millions of subscribers, Armaan Malik has entertained audiences with his engaging content, unfiltered vlogs and relatable storytelling.

Now, in an unexpected twist, Armaan, alongside his wives Payal and Kritika Malik, has entered Bigg Boss OTT 3. Armaan wonders, "Suppose Bigg Boss makes me sit in the centre and asks my wives to hit me with eggs."

Tell us about yourself.

Things were not better in the past. I lost my mother for want of Rs 30,000. I reached Delhi with a meagre amount of Rs 2,000 in my pocket and worked tirelessly to turn things around.

When the coronavirus pandemic hit in 2020, I did not have enough money to pay the next 10 installments of a vehicle loan I had taken. It was then that I decided to start a YouTube channel. Since then, there has been no looking back. By God's grace and people's love, my YouTube channel is doing well.

Is this the first time you have been approached for the show?

No, the makers had approached us in the past as well. But things did not fall into place then. One of my wives was pregnant, so we could not participate. But I always kept telling my wives that we would go to Bigg Boss one day, no matter what. If not this season, then maybe the next.

What made you decide to participate in Bigg Boss OTT?

See, first of all, I do not preach about keeping two wives. Having said that, the dark reality of the times we are living in is that almost 90 per cent of married people are having extramarital affairs. I

f the husband is not happy with his wife, he starts having an affair outside of the marriage. If the husband is unable to keep his wife happy, she starts having an affair. This eventually leads to divorce. See, all a wife needs is respect. She does not need your money. She just wants time and respect. If you fail to give her that, divorce is imminent.

My primary reason to participate was -- and I told my wives as well -- that the three of us would live happily together on the show and create history. We would make sure that people remember us for the longest time.

What are your strengths and weaknesses?

Both my strengths and weaknesses are my wives.

Have you watched previous seasons of Bigg Boss? Which contestant do you relate to the most and why?

Yes, I have seen some previous seasons. I related to Siddharth Shuka the most because I feel I am like him -- calm and composed. You will see me sitting in a corner watching everyone fighting unnecessarily.

Just like him.

Bigg Bossoften involves controversial moments. How do you plan to deal with negative publicity from the audience?

I believe one fight begets another. You cannot solve anything with fights. The most complicated things can be solved through simple talk.

I think the audience should pay more attention to who is right in a fight. I come with a lot of life experience. I will stick to what is right till the very end. No compromise on that.

Are you prepared to deal with the scrutiny of the cameras 24/7?

Absolutely ready. I am used to the 24/7 scrutiny, thanks to my wives (laughs).

Anil Kapoor is taking over as the host this season. How do you feel about this change, and what do you think he will bring to the show?

I am excited and happy. I am sure Salman Khan would watch the new season whenever his schedule permits. It will be a proud moment if he watches the show and me in it.

Meeting him in person would have been another experience altogether. Anil Kapoor is not a lesser star. I have been watching him on the screen since I was a kid. So it is a dream that he is hosting the season that I am a part of.

What's your biggest fear about being on Bigg Boss OTT?

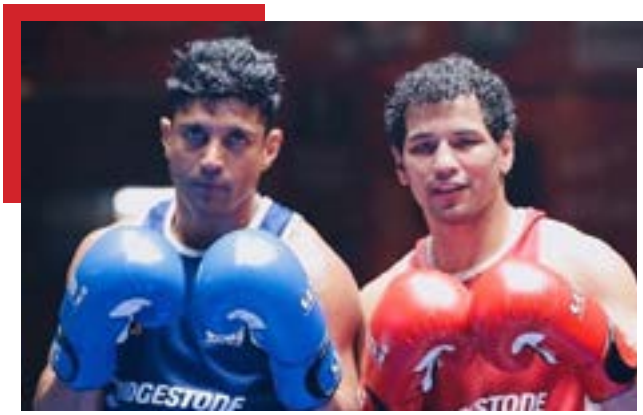
I just want to be true to myself, so I have no fear. My actions will reflect my personality. Having said that, nobody knows what kind of tasks we have to perform inside the house.

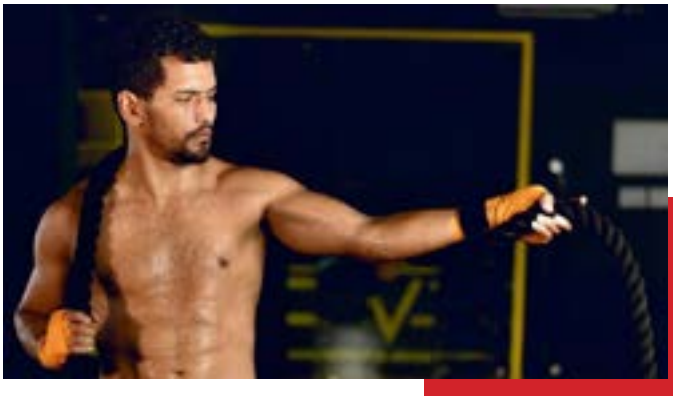
Suppose Bigg Boss makes me sit in the centre and asks my wives to hit me with eggs. Is that a fear?

#GANGSTER

'HOPE BIGG BOSS BRINGS ME FAME THAT BOXING DIDN'T'

My only aim would be to entertain my audience and show them that boxers are lovely people.'





Professional boxer Neeraj Goyat has traded his boxing gloves for a new kind of challenge -- as a contestant on Bigg Boss OTT 3 on JioCinema.

As Neeraj jumps from the boxing ring to the reality show arena, "I have no idea how the audience is going to take me as a contestant."

Tell us about yourself.

I was born in a village (Begumpur, Haryana) and then my family moved to a small town (Karnal, Haryana).

I was 14 years old when I was selected for Pune's Army Sports Institute.It has been 16-17 years since I have been doing professional boxing.

I decided to do Bigg Boss OTT because I want people to know about my journey and that of my seniors, and what they have done for this sport. I want our youth to know more about boxing.

What are you hoping to achieve by being on the show?

I want to earn an audience, and convert that audience into boxing enthusiasts. I want to develop their interest in boxing. Additionally, I hope Bigg Boss OTT brings me the kind of fame that boxing didn't.

What are some of your strengths and weaknesses?

Mentally, I am very strong.

I don't think I have any weaknesses.

Have you watched previous seasons of Bigg Boss?

To be honest, I don't think I have seen any season from start to finish.

So I never saw anybody's complete journey, their strategies, how they performed, and what they did differently to help them win the trophy.

I am sure all the winners must have worked really hard.

Bigg Boss often involves controversial moments. How do you plan to deal with negative publicity or backlash from the audience?

I have no idea how the audience is going to take me as a contestant. Having said that, I think I have all things very positive about me. I do not have any set strategy. I have not done any preparation.

Controversies or confrontations happen between two or more people. How can you prepare for such things in advance?

My only aim would be to entertain my audience and show them that boxers are lovely people.

Are you prepared to deal with the scrutiny of the cameras 24/7?

I am entering Bigg Boss just for that -- the cameras 24/7 -- so that the audience comes to know about my routine.

Anil Kapoor will host this season. How do you feel about this?

He is very senior, and very different (from Salman Khan).

I am sure every single person from the '90s have seen and loved his films. He was popular back then and he is popular even today.

Gen Z also loves him. I am sure everybody is going to have a gala time watching him as the new host.

If you could choose any national or international celebrity to be a surprise guest in the Bigg Boss house, who would it be? I would choose Sylvester Stallone because it was after watching his film Rocky that I got really inclined towards boxing.

What's your biggest fear about being on Bigg Boss OTT?

I have absolutely no fear.

WELCOME RAINY DAYS WITH THE RIGHT FABRIC

Each season has its own unique qualities and the Monsoon season is one of the greatest for the majority of us. When everything around you is so green and fresh, there's something about the earthy aroma of mud in the rain. No matter how much we adore the rainy season, deciding what to wear during the rainy season is always challenging.

This is the appropriate time to replenish the racks with fresh apparel. We are much troubled by the wet season. Although the sun is not as bright during this season, the heat is present, which causes sweating. Therefore, it is necessary to wear fabrics in this weather condition to keep you dry and cool during monsoons.

Besides, getting soaked doesn't seem as fantastic as it does in movies. In reality, this may quickly turn into full chaos. Looking attractive in the rain may be difficult since you want to wear something fashionable while being comfortable. And so, the fabric you choose plays a major role.

Well, While you're getting ready for the monsoon season with everyone's favourite pakodas and chai, we'll show you how to pre-plan for rainy days with the perfect fabrics to wear this season.

01 Rayon

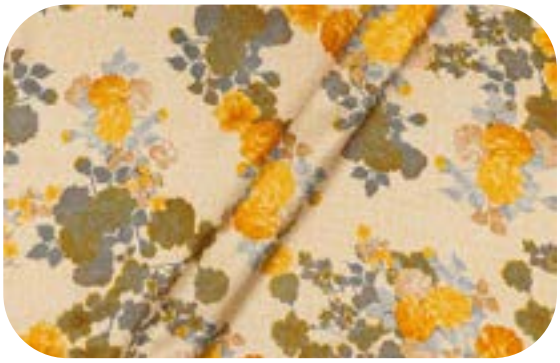
Because of its light and cool texture, this fabric resembles silk and has certain characteristics with linen and cotton. Rayon is an ideal cotton mix since it is not only breathable and light, but it also has a little shine that makes it look dressier than ordinary cotton. Furthermore, Rayon fabric absorbs moisture quickly without storing body heat. Because this fabric dries fast, it reduces excessive sweat in humid conditions. Make beautiful flowy dresses, crafted in Rayon with Sourceitright Rayon Collection is ideal for shopping or taking lunch break this monsoon!

02 Crepe

Crepe is another excellent choice for the rainy season since it dries quickly. Because the fabric is thicker than cotton, it does not stick completely to the body and does not become translucent. A colourful crepe dress is ideal for getting that perfect outdoorsy style for the rainy season. Combine it with a sassy sling and a pair of rubber flats. This monsoon, you can add Crepe fabric to your wardrobe to ace the edgy uptown look and make cute dresses, tops or even sarees for the rainy season. Explore the Collection Of Crepe Fabric at Sourceitright.

03 Satin

One of the most elegant fabrics, the satin fabric is equally chic and comfortable. Due to the shine in satin, this fabric is a good choice when stepping out in the rain. Satin is a cool trending fabric these days that can be an excellent addition to your monsoon wardrobe because of its pretty colours. So explore Our Satin Collections and make beautiful dresses and tops or even skirts in satin and flatter your figure this monsoon.



04 Muslin

Muslin is a fabric that is light and soft than cotton but not transparent; it is ideal for use during the rainy season. In the rainy season, people wear muslin; the sarees and salwar look lovely and help to keep sweat at bay. As a result, muslin is the ideal combination of comfort and elegance. Explore the most recent fashion trends and shop for muslin fabrics that compliment your personality. Sourceitright has the perfect Muslin Feel Fabric for your look.

05 Muslin

Mashru Gaji is a cotton and viscose silk mix. Mashru Silk offers the look of shimmering silk yet the comfort and relaxing feel of cotton. Because the fabric is thicker, it does not entirely stick to the body and does not become translucent. However, it dries quickly and is comfy to wear. As a result, Mashru is an excellent choice for this rainy season. It is ideal for those with a taste for luxury. It is also great for those who wish to show off their party style without sacrificing their comfort during the rainy season. Explore the entire Mashru Gaji Fabric Collection and plan your monsoon outfit.

Regardless of where you live, these fabrics will come in useful during the rainy season. Look no further and get your hands on these monsoon fabrics to ace your rainy days! The easiest way to deal with the rainy season is to dress in bright colours, use quick-drying materials, and accessorize with cool jewellery, string flip-flops, and waterproof purses. So, let's not be bothered about the monsoon season, and let us go all trendy with our outfits. I hope these monsoon fashion suggestions help you enhance your monsoon outfit! We all know buying fabric is not that difficult, but maintaining it is a different story.

Top 10 Fittest Bollywood Actresses 2024

In the glitzy world of Bollywood, where glamour and talent intertwine, the spotlight often shines brightest on those who not only mesmerize us with their on-screen performances but also inspire us with their dedication to fitness and well-being. The modern Bollywood actress is not just a symbol of beauty and grace but also a beacon of health and vitality, embodying a lifestyle that prioritizes physical and mental wellness.

As we delve into the realm of fitness in Bollywood, we are greeted by a diverse array of actresses who have redefined the standards of health and fitness in the industry. From rigorous workout routines to mindful dietary habits, these leading ladies have not only transformed their bodies but have also become role models for millions across the globe.

In this article, we embark on a journey to uncover the top 10 fittest Bollywood actresses who have seamlessly blended strength, agility, and poise, setting new benchmarks for health and fitness in the glamorous world of Indian cinema. From yoga enthusiasts to avid runners, each actress brings her unique flair to the realm of fitness, inspiring fans to embrace a holistic approach to wellness.

The HFR founder and HarperCollins author of the fitness book ReSYNC Your Life, Samir Becic had this to say about the movie stars on this list: "Bollywood's fittest actresses don't only represent a woman in a leading role, but also India's obsession with healthy lifestyle and fitness that has culminated over the last 10 years. That is why these actresses are excellent ambassadors of a healthy lifestyle, not only on the Indian subcontinent, but rather for the entire world. Bollywood is becoming a second Hollywood."

01 Kiara Adhvani

Fitness Routine

1. Does Rounds for Time (RFT) with her personal trainer

2. The actress chooses a half-hour cardio workout that incorporates running, biking, or swimming, helping her to burn extra calories and enhance her heart health.

3. Kiara Advani switches up her workout routine with different types of exercises. She begins with a brief run of 20 minutes, warms up, and then starts her workout.

4. Kiara Advani enjoys being versatile by engaging in a variety of activities such as yoga, cardio, squats, and burpees. In addition to these, she also practices taekwondo and martial arts to boost her physical and mental stamina.

5. Kiara Advani is dedicated to strength training, which involves bodyweight exercises and weightlifting. Her routine targets different muscle groups on different days to guarantee that her entire physique is both strong and toned.

Nutrition

1. The actress follows a balanced diet to fuel her body and maintain a toned physique.

2. She prefers consuming only lean proteins, complex carbohydrates, plenty of fruits and vegetables, and healthy fats.

Mental Health Practices

1. Believes that along with strengthening the body, you must strengthen the mind as well. So she has active sessions to aid in flexibility and help with stamina and strength.

02 Malaika Aurora

Fitness Routine

Malaika's workout routine mainly consists of 60 minutes of cardio, 60 minutes of strength training, and 60 minutes of yoga.

1. Malaika's workout routine is a combination of cardio, strength training, and yoga. She believes in mixing up her workouts to keep things interesting and challenging.

2. Monday: 60 minutes of cardio (running, cycling, or swimming)

3. Tuesday: 60 minutes of strength training (using weights or resistance bands)

4. Wednesday: 60 minutes of yoga (asanas and pranayama)

5. Thursday: 60 minutes of cardio (HIIT or dance-based workouts)

6. Friday: 60 minutes of strength training (using bodyweight exercises)

7. Saturday: 60 minutes of yoga (asanas and pranayama)

8. Sunday: Rest day

Nutrition

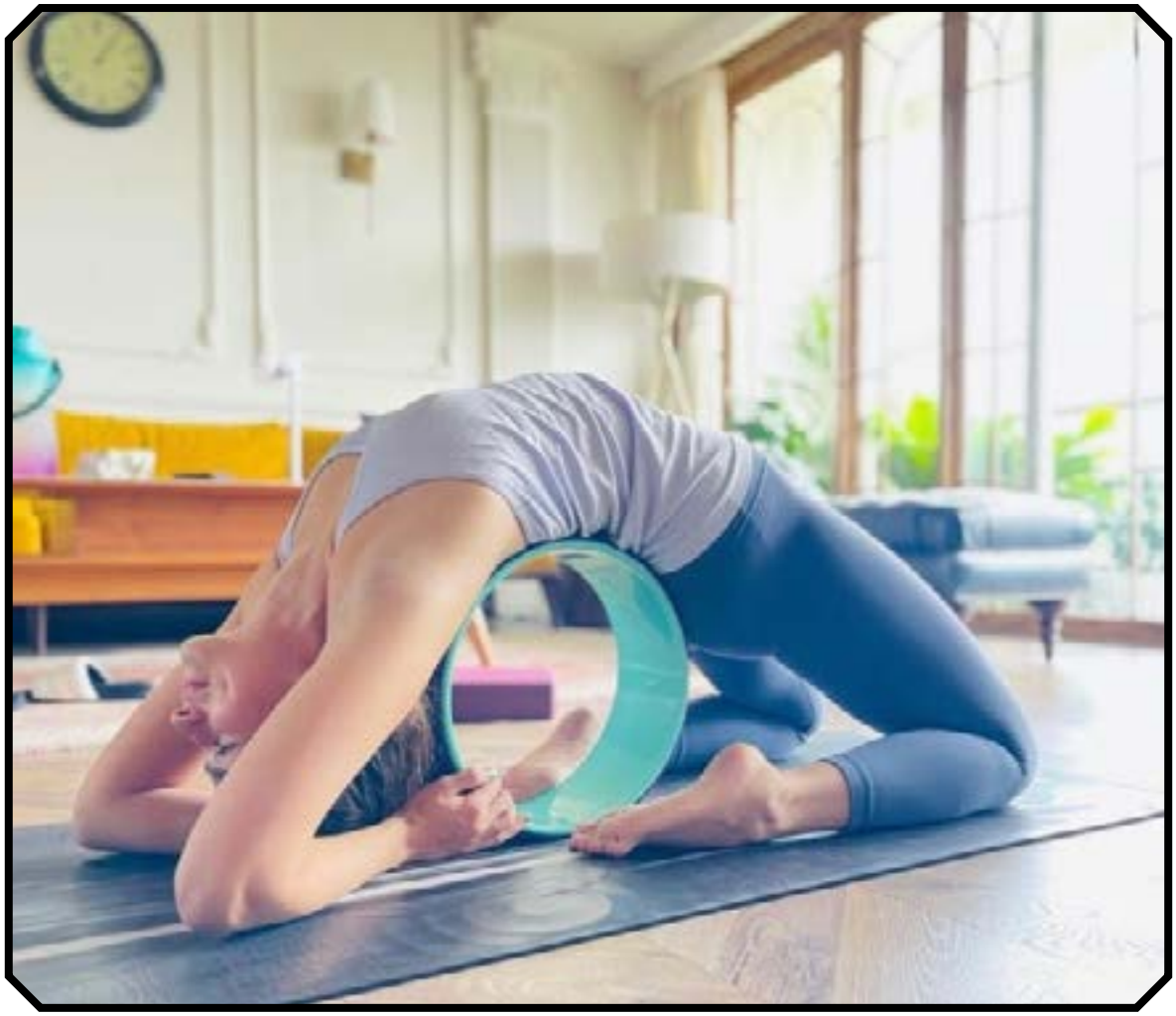
1. Takes a ginger, honey, lemon, cayenne, pepper shot every morning

2. She follows a clean and balanced diet that consists of fresh fruits and vegetables, lean protein, and healthy fats. She avoids processed foods, sugar, and alcohol.

Mental Health Practices

1. She practices yoga asanas to protect her mental health and sense of being.

2. Mindfulness, along with meditation, is also a great practice she uses.



03 Alia Bhatt

Fitness Routine

1. Routine is important! She has two rest days and believes yoga is a great break.

2. Working out six times a week, she strength trains four times a week and yoga or pilates the rest.

Nutrition

1. Her diet consists of all organic and healthy foods.

2. She consumes 6-8 meals daily which consists of a protein-rich diet that includes healthy fats, veggies, fruits, and fresh juices.

Mental Health Practices

1. Alia gave birth to her beautiful baby girl at the end of 2022. She explained that it was hard for her to get back into her workout routine after giving birth. Prioritizing patience and the importance of loving your body is what brought her back to herself.

04 Priyanka Chopra Jonas

Fitness Routine

1. Priyanka is always on the go, so she often skips rope in order to stay in shape. This is her favorite form of cardio.

2. She enjoys hiking, and she makes sure to incorporate any form of exercise in her everyday actions.

3. Priyanka likes to swim 10 laps for a full body workout.

4. She typically does cardio and resistance training for her gym routine.

Nutrition

1. Priyanka eats a lot of fruits and vegetables, which are full of antioxidants.

2. She avoids consuming oily foods.

3. She drinks a lot of fruit juices and water to keep herself hydrated and to keep her skin glowy.

4. She also includes fiber rich foods into her diet.

Mental Health Practices

1. Priyanka has been through a lot, and she makes sure to give a purpose to everything she does.

2. She also makes sure to surround herself with friends and family because a support system is key to improving her mental health.

3. Lastly, she used the gym as an outlet, and it helped her mental health as well.

05 Janhvi Kapoor

Fitness Routine

1. Janhvi Kapoor's exercise schedule covers a different range of activities including running and biking, resistance training, along with yoga.

2. She kicks off her day with a good 45 minute cardio session. This might include a run, a cycle or just plenty of dance.

3. Once she completes her cardio workout, she transitions into her strength training regime. Various exercises, such as squats and push-ups, help build up her lean muscle mass, while others, such as lunges, are designed to improve her body's overall strength.

4. Her workout finishes with a soothing yoga session that assists her in the extension and enhancement of her adaptability.

Nutrition

1. He stays highly hydrated daily and drinks warm lemon and honey water to start her day.

2. Her balanced and healthy diet includes a mix of proteins, carbohydrates, and healthy fats.

Mental Health Practices

1. Jahnvi has always dealt with pressure of success, anxiety, and feelings of worthlessness. She makes an active effort to push past these feelings and controls her anxieties rather than letting them control her.

2. She practices yoga, exercises, and mindfulness techniques to help alleviate some burden brought by stress.
run, a cycle or just plenty of dance.

06 Sara Ali Khan

Fitness Routine

1. Sara's workout routine consists of a combination of cardio, strength training, and yoga.

2. The backbone of her fitness: Pilates! It strengthens body balance and works on the core.

Nutrition

1. Her routine consists of a healthy and balanced diet which consists of protein-rich food, healthy fats, and all fresh foods.

2. She went from consuming 1,700 calories a day to 1,200 calories a day. Now, her diet is much more healthier, balanced, and consistent.

Mental Health Practices

1. Believes that when she's working out, that is when she feels the most healthiest.

2. Yoga and meditation is a great practice to lead a healthy mind for Khan.

3. Much of what leads to a detrimental mental health is inconsistency and not being disciplined. Sara makes sure to exhibit a positive mood and self-discipline, especially when she is not feeling the best mentally.

07 Deepika Padukone

Fitness Routine

1. Deepika mainly focuses on strength training to build her muscles and to increase her metabolism.

2. She likes indulging in activities such as swimming, playing badminton, and dancing.

3. She likes following a holistic approach when it comes to her fitness life.

Nutrition

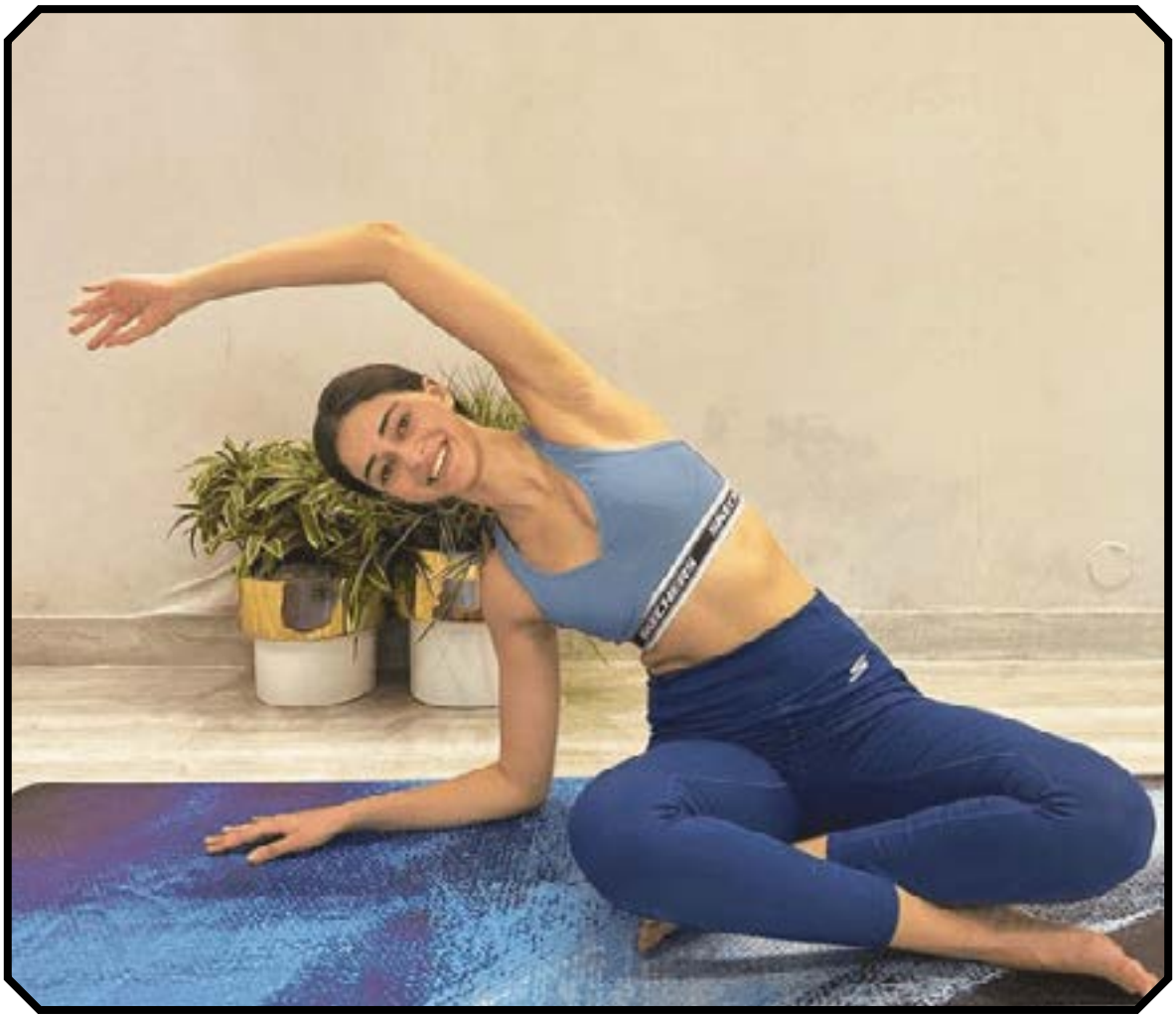
1. She starts her morning with a detox drink. It's a simple mix of warm water, lemon, and honey. This also is the secret to her beautiful skin!

2. Padukone starts her day with a fruit smoothie, toast, and eggs. She makes sure to focus on carbohydrates, proteins, and healthy fats.

Mental Health Practices

1. Being diagnosed with depression and anxiety, Padukone struggled with balance and management. She explained that her mother was a God sent, helping her and caring for her. Having someone who cares and tries to understand what you are going through can help someone struggling with mental health problems.

2. She is a big fan of yoga. It helps her practice stress reduction, improves flexibility, and improves the overall well-being of the body and mind.



08 Ananya Panday

Fitness Routine

1. Ananya believes in yoga first thing in the morning to start the mind and body on a good path.

2. Pilates is a MUST to retain flexibility, strength, and relaxation.

3. Her recent obsession is aerial yoga. The practice of hanging upside down helps relieve joint pain and spinal compression.

Nutrition

1. She eats clean six days a week and keeps Sundays for her indulgences.

2. For those six days, Ananya eats healthy foods such as avocados and eggs.

Mental Health Practices

1. Ananya actively deleted her social media apps off her phone because of its negative impact on her mental health.

2. She is consistent with her therapy and balancing her work and personal life.

09 Disha Patani

Fitness Routine

1. Disha likes to start her day with cardio, dance, kickboxing, and gymnastics. In the evening, she gears into strength training.

2. She avidly dances in a troupe which helps her with cardio and muscle flexibility.

Nutrition

1. Her typical breakfast consists of 2-3 eggs, milk, and juice.

2. She also follows a strict diet plan and maintains a balance in protein and carbs.

3. She believes staying hydrated is essential and receiving at least 8 hours of sleep is essential to stay healthy.

Mental Health Practices

1. After suffering from a head injury that made her lose her memory for six months, Disha succumbed to depression. Through the six months, she had to change her mindset to overcome her trauma. Disha practiced active consistency and meditation to create positivity.

2. Patani advocates for daily exercise as it releases endorphins in the body.

10 Kriti Sanon

Fitness Routine

1. She has structured her exercise regimen around a mix of cardiovascular, strength, and yoga practices, and sets in motion her daily preparations by spending forty-five minutes in a cardiovascular gymnasium where she runs, cycles, or alternatively swims. This rigorous practice helps convert fat into energy, improve one's cardiovascular capacity, and enhance physical endurance.

2. Kriti begins her workouts with cardio training before moving on to strength training. This part of her routine includes a mix of weightlifting and bodyweight exercises. She takes care to exercise different muscle groups on different days to guarantee overall body toning and strength. She also practices yoga asanas frequently, as she believes that yoga is essential for her flexibility, balance and peace of mind.

Nutrition

1. Kriti Sanon adheres to a well-rounded and nutritious eating schedule to provide her body with the proper sustenance. She advocates for consuming whole foods and steers clear of anything processed and unhealthy. Her food regimen consists mainly of natural produce, both animal and plant-based protein, and carbs that are not overly processed.

Mental Health Practices

1. She focuses on her mental health by practicing meditation. This helps her relieve stress, reduce anxiety, and improve self-awareness.

11 Sushmita Sen

Fitness Routine

1. Sushmita Sen incorporates a range of exercises in her fitness program, including cardio, strength training, and yoga. She stresses the importance of staying active and working out on a daily basis.

2. Sushmita Sen loves to run and jog. She also enjoys dancing and swimming. Cardio exercises help to burn calories and improve cardiovascular health.

3. Sushmita Sen's strength training routine includes weight lifting, squats, lunges, and push-ups. Strength training helps to build muscle and increase metabolism.

4. Sushmita Sen practices yoga regularly. She believes that yoga helps to improve flexibility, balance, and mental health.

Nutrition

1. Breakfast: Sushmita Sen starts her day with a healthy breakfast that includes eggs, toast, and fruits.

2. Lunch: Sushmita Sen's lunch includes a combination of protein, carbohydrates, and vegetables. She prefers grilled chicken or fish with brown rice and salad.

3. Dinner: Sushmita Sen's dinner is light and easy to digest. She prefers soups, salads, and grilled vegetables.

Mental Health Practices

1. She chooses to meditate whilst practicing yoga and stretching. It helps keep the mind and body at peace.

12 Shilpa Shetty

Fitness Routine

1. Pilates and strength training is essential in her routine as well.

2. Shilpa Shetty, in addition to the many health advantages of Yoga, has also discovered the advantages of adding it to her regular workouts. Yoga can bring mental tranquility and sculpt a beautiful body.

3. Now, Shilpa also practices a combination of functional workouts, the exercises of animals, and yoga to stay in top form physically.

Nutrition

1. She has dinner before 7:30 PM and never fails to stay consistent with this routine, even on event days! She, also, sacrifices excess sugars and eats cleaner every day.

2. Breakfast is the most important meal of the day for Shilpa Shetty, she never skips her breakfast and likes eating a bowl of apples, mangoes and almond milk, she also eats porridge or two boiled or scrambled eggs.

3. Shilpa Shetty refuses to deprive herself of food and instead embraces a healthy diet. Transitioning to coconut milk has proven to be an effective substitution for her, aiding in her weight loss journey. This versatile ingredient not only fits into her meal plan but it also accommodates those who are lactose intolerant.

Mental Health Practices

1. But she further added that her daughter Samisha has been a huge support system during her recovery from an ankle injury.

‘Yoga Needs To Be A Lifestyle’

Folk celebrate International Yoga Day with pictures of them doing, well, yoga!

Rakul Singh Jackky Bhagnani

Rakul Singh shares a picture with husband Jackky Bhagnani and writes, ‘Together in wellness and all things beautiful happy #internationaldayofyoga to all you lovely people .. #fittogetherstaytogether Yoga is a state of mind, a state of bliss, a feeling of being one with yourself and the universe take baby steps towards a healthier you @ anshukayoga making us do partner stretches like never before.’

Patralekhaa

‘I love Yoga. It centres me,’ says Patralekhaa.

Jackie Shroff

Jackie Shroff performs yoga along with Designer Shaina NC and Fitness Guru Mickey Mehta on Mumbai’s famed promenade, Marine Drive.

Urmila Matondkar

‘Yoga needs to be a lifestyle.. much much more than a mere post or celebrating it on a certain day. It is way more than a physical. It is mental, emotional and above all spiritual (not religious) in a way deeper sense. It’s like trying to find deep end of an ocean which is your own self. I truly hope all of you give it a try in your own way even in a baby step. Happy #internationalyogaday all you wonderful people!! Stay fit physically n mentally,’ says Urmila Matondkar.

Neha Dhupia

Neha Dhupia says, 'Practise your practise everyday. It's never too early to start or too late to stop.'

Esha Gupta

Esha Gupta makes yoga look easy.

Karishma Tanna.

'Yoga allows you to find a new kind of freedom that you may not have known even existed. Yogini Forever,' says Karishma Tanna.

Hema Malini

'Do you remember what is this important day which the whole world celebrates? And it is India's legacy to the world- Yes! It is #InternationalDayOfYoga #YogaForWellness Here I am celebrating the day with Brijwasis in Mathura. All photos taken today,' writes Hema Malini, the Lok Sabha MP from Mathura.

Esha Deol

Esha Deol is 'always happy & peaceful on my mat post my yoga session not just today but everyday.'

Soha Ali Khan

Soha Ali Khan sends a quirky message: 'Do yoga because punching people is against the law.'

Kunal Kemmu

Kunal Kemmu and daughter Innaya have fun with it too.

Divyanka Tripathi

Divyanka Tripathi stands tall in her yoga asana.

Tina Datta

Tina Datta says, 'A flower blooms when watered and while we run around living our hectic lives remember to invest in yourself and your well being. Be it yoga or music, today we celebrate two days but I would say do whatever it takes but remember to invest in yourself! Happy Yoga, Music, Selfie and all the other days today is...'

Amruta Khanvilkar

Amruta Khanvilkar does the head stand and makes it look so good.

Regina Cassandrra

Regina Cassandrra posts, 'Flexible enough to bend the rules on and off the mat! Question is, are you? Happy International Yoga Day.'

Shilpa Shetty

'Every emotion is connected with the breath. If you change the breath and its rhythm with awareness, you can change the emotion This Yoga Day, let's make every breath count,' says Shilpa Shetty.

20 Spectacular Destinations in India During Monsoon

Rains are magical in India. Though most travelers do not count this as a good time to travel, there is a certain charm in vacations during downpours. With our list of spectacular monsoon destinations in India, you will certainly change your opinion about the glorious rainy season. These are the places where you can enjoy vacations for relaxing, sightseeing, and adventure accompanied with gentle winds, light raindrops, and that delicious smell of Earth. The season of bliss, beauty, and relief, savor one vacation in India of such pleasures.

01 Coorg, Karnataka

One of the most beautiful monsoon destinations in India, Coorg is not just one of the most beautiful hill stations of Karnataka but also India. Blessed with gorgeous scenery dotted with vast coffee plantations, it is the perfect getaway in the monsoon.

During the rains, the Abbey and Jog waterfalls flow to their full might, creating an impressive picture. Also, if you are into adventure sports, then embark on a trek to the highest peak of Tadiandamol, which is known for its wonderful scenery. Bylekuppe, Madikeri Fort, and other sights are equally pleasant. If you are lucky, you will get a glimpse of a rainbow.

02 Shillong, Meghalaya

Nestled in the abode of clouds, Shillong in Meghalaya is listed top among the best places to visit in India during monsoon. Known for its captivating beauty, the hill town looks all the more amazing during the monsoons. If you do not mind getting drenched, this place is a perfect getaway. Misty clouds, lush green everywhere, and roaring waterfalls are the reasons for visiting.

How to reach

The nearest airport and railway station for Shillong is in Guwahati (Assam), at a distance of 149 km. Visiting in the monsoon by road is the best way to get to the hill station. National Highway 40 connects Shillong with other towns. The roads are in good condition but it is strongly advised to be safe while driving.

03 Munnar, Kerala

Munnar is truly a paradise in Kerala. This hill station is one of the must-visit monsoon destinations in India. Rains add magic and romance to the already beautiful hills of the Western Ghats, a prime tea-growing region carpeted in emerald-green tea plantations. Mist envelopes the mountain tops, seasonal waterfalls present amazing sights, and the ambiance is soothing.

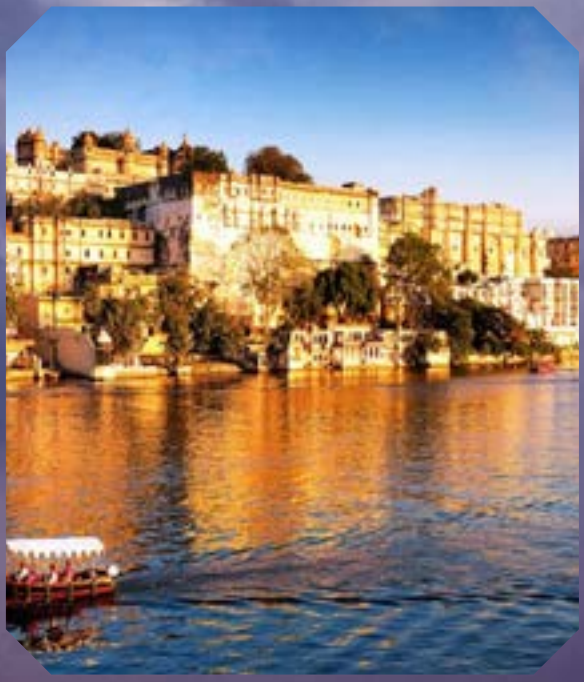
The best thing about a monsoon vacation is that Munnar is crowd-free, and hotels and resorts offer great discounts. Embark on trekking trails, marvel at natural bliss, walk through tea gardens, and gorge on delicious Kerala cuisine. Your monsoon holiday in Munnar will be undoubtedly memorabl.

04 Valley of Flowers, Uttarakhand

The Valley of Flowers in Uttarakhand is one of the most beautiful places on Earth. Monsoon is the best time to enjoy a visit, as the mountain flowers of every possible shade, bloom after the rain.

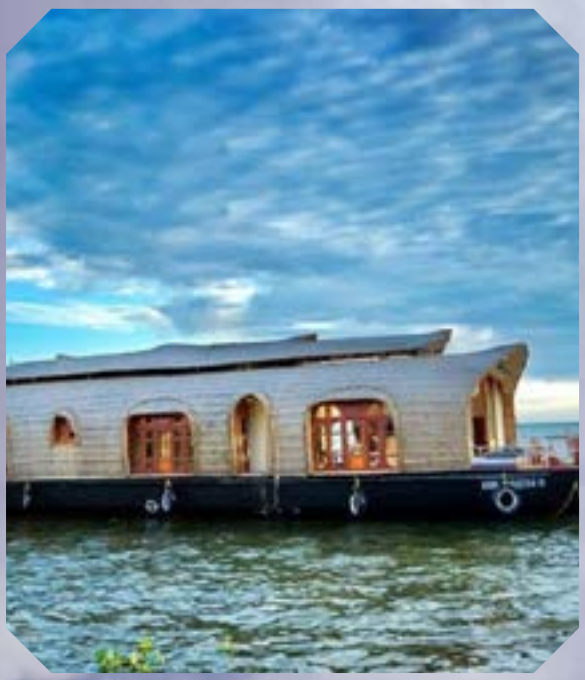
Where else can you enjoy the beauty of more than 400 varieties of flowers in their full bloom? This valley is a part of the national park that you can reach only after a scenic easy trek. For a wonderful trekking adventure, the Valley of Flowers is an ideal destination. For the bliss of mountains and spectacular view of unique flowers in multiple shades, it is an amazing destination for a monsoon vacation.

05 Udaipur, Rajasthan



Udaipur in Rajasthan is next on the list of best places to visit in India during monsoon. It receives one of the lowest rainfalls in the country, just enough rain for a pleasant climate. The city is snuggled in the lap of the Aravallis and is dotted with a number of lakes. Titled as one of the 'most romantic destinations in India', imagine the romance that is possible during the rains.

Udaipur is also one of the top places for a destination wedding in India. Visit the famous Monsoon Palace, and Sajjan Garh, which offers a panoramic view of the city. Visit the scenic Lake Pichola and go for boat rides, and enjoy the popular sights and the royal hospitality.



06 Alleppey, Kerala

Alleppey is divine during the monsoon. 'Gods' Own Country' Kerala is blessed during rains and Alleppey shares its bliss. The rain makes the backwaters all the more beautiful. To explore this spectacular place, you must embark on a backwater cruise through its lakes, river, and canals. Monsoon also enhances the benefits of Ayurveda.

According to the ancient traditions of Ayurveda, the best time to undergo these treatments is during the monsoons. The weather is perfect, moist, cool, and dust-free, opening up the pores of our skin, and making the therapy more effective. The cool salubrious monsoon weather also allows the body to recuperate in bliss.

07 Kodaikanal, Tamil Nadu

Kodaikanal, 'The Gift of the Forest', is a scenic beauty that further magnifies its charm during monsoon. The small hill town in Tamil Nadu creates a refreshing vacation. During the rains, Coaker's Walk and Bryant Park offer picturesque trails while there are also serious treks to Dolphin Nose, Kurinji Andavar Temple, Pambhar Falls, Pillar Rocks, etc. Also, after the rains, the waterfalls are a sight worth seeing. You can also have a very lucky experience, a rare phenomenon called 'Brachem Spectre' where you actually see yourself in the clouds. Feel fresh as the rains in this picturesque hill station.

08 Cherrapunji, Meghalaya

The second rainiest place on Earth, Cherrapunji is one of the places travelers must experience the monsoon. Forests, farmlands, pastures, and houses shine with a healthy glow. The grass grows overwhelmingly everywhere and creates a backdrop that is similar to the rolling hills of the Scottish Highlands. Clouds play a game of hide and seek, engulfing the landscape in a beautiful whiteness, bringing down the visibility to a null. Waterfalls flow at their full strength, and Nohkalikai Falls is the most gorgeous of them all. Explore living root bridges, caves, and countless waterfalls. Go for walks while enjoying the rustic beauty of Meghalaya. Fall in love with rain in Cherrapunji.

09 Wayanad, Kerala

Blessed with bountiful rains, Wayanad is a popular monsoon destination in India. A hill town in Kerala snuggled in the lap of the Western Ghats, it is blessed with picturesque beauty, waterfalls, wildlife, adventure, and more. In recent years, tourists exclusively visit Wayanad to enjoy the rains.

The unique lure of the hill station in the rainy season is the 'Neelakurinji' vivid blue flowers which bloom once in 12 years. Relish the lush greenery of the hills, mighty waterfalls, lakes, and ancient caves. Embark on trekking and mountain expeditions. The hill station also celebrates a monsoon tourism festival, Splash, a 3-day event of fun and memorable experiences.

10 Orchha

Orchha is the perfect getaway to enjoy the magic of the monsoons. The season of rains turns this otherwise dry corner of Malwa plateau into the greenest and the most romantic spots on earth. The Betwa River is revived by rain and the town settled on its banks is blessed with picturesque scenery of lush greenery, rolling hills, and serene bliss.

Not just charming scenery, historical forts, places, temples, monuments, memorials, and heritage re-create the nostalgia of its golden period. Freshly washed, the buildings and the town simply look divine. If you are in love with rain, Orchha is one of the spectacular destinations to visit during the monsoon. Gwalior Orchha Khajuraho Tour.

11 Mahabaleshwar

Enveloped in the beauty of the Sahyadri range, a part of the Western Ghats, Mahabaleshwar is one of the most romantic places in India, especially during the monsoon. Foggy roads, pitter-patter of rains, lush greenery, clouds that descend the mountain tops, and more, make it breathtaking. Pratapgad is charming to explore as the tales of the olden days reverberate in the very air. Lingmala waterfalls, fed by rains make a truly captivating sight. The panorama is surreal from the Elephant's Head Point.

12 Mount Abu

The only hill station in the desert state of Rajasthan, Mount Abu is a lush oasis. Inviting tourists to the green lap of the Aravallis, Mount Abu has a plethora of blessings. It is one of the best monsoon destinations in India. Prescribe yourself a therapeutic remedy with a holiday here. Washed in the rains, the white-marbled Dilwara Temples look enchanting.

Guru Shikhar, the highest point in Mount Abu has a number of interesting temples and amazing views to offer. Nakki Lake, Sunset Point, temples, gardens, and the markets of the town are unmissable delights. An excursion to Achalgarh, the ruins of the Mewar Dynasty on a rainy day is simply amazing. The royal charm mixed with the rain makes for a memorable time.

13 Kodaikanal, Tamil Nadu

Resting in the lap of lush greenery of the Sahyadri Mountains of Western Ghats, Lonavala is one of the most beautiful hill stations in India. Come rains, and the bliss is truly out of the world. Clouds descend down the earth accompanied by a soft melody of rains and a sudden appearance of a rainbow in the sky. Built on the Indrayani River, Bhushi Dam is a popular site. The pictorial Pawna Lake, surrounded by lush forests adds to the beauty. Tungarli Lake looks absolutely romantic. The rains do not spoil the fun of trekking, as there are scenic trails to Tiger's Leap and Lion's Point. For a tryst with history, Rajmachi Fort and Tikona are delightful and seem truly enamoring in the monsoon. Lonavala is one of the popular weekend getaways from Mumbai and Pune. Driving to the hill town in the rains from any of these cities is blissful. Pune offers the nearest air and rail connection,

14 Goa

Snuggled on the western coast of India, Goa is the land of beaches and one of the best places to visit with family in India. During the rainy season, this beautiful town looks even more attractive. It is a perfect place to soak in the rain, take part in Goan festivals, and enjoy delicious local delicacies. One can indulge in river rafting and enjoy the spectacular jungle scenery. River rafting in Mandovi River is one of the unique thrilling experiences that one should not miss during the monsoon.

15 Ladakh

Ladakh lies in the lap of the two world's mightiest mountain ranges – the Himalayan and Karakoram ranges. It is among the top places for adventure activities in India. Dotted with amazing landscapes, picturesque views, snow-covered peaks, high-altitude lakes, and numerous mountain passes, Ladakh is a paradise for travel enthusiasts.

During the monsoon season, Hemis Festival is held which is one of the popular festivals in Ladakh. There are plenty of trekking opportunities in Ladakh during this season and people can indulge in other adventure activities as well.

16 Andaman and Nicobar

Andaman and Nicobar Islands are one of the best places to visit with family and friends during the monsoon. A group of more than 500 islands, thrilling watersports to enjoy, an abundance of natural beauty, and exotic locations make it a wonderful destination for all.

This is one of those places in India that can be visited throughout the year and it won't cease to amuse you. Enjoying watersports when the sea currents are rapid during the monsoon, swells up the fun and excitement of avid travelers. These things together make this one of the best monsoon destinations in the country.

17 Spiti Valley

Usually referred to as mini Tibet or little Tibet, Spiti Valley is one of the top-notch destinations of India. The mystical mountain range, profound natural beauty, and snow-clad summit of the Himalayan mountain range make it a thrilling destination for adventure enthusiasts.

Spiti Valley is also a destination that can be visited throughout the year. But if you are looking for an offbeat destination to visit in monsoon season then Spiti can be your spot without a doubt. Considering the altitude and spine-chilling activities on offer, this place is a real charm for every visitor.

18 Pondicherry

A perfect destination during the rainy season is Pondicherry. Mouth-watering cuisines, adventurous sports, a list of ancient and rustic attractions, and a lot of fun places to visit; is what this union territory looks like. Most of the tinted villas are colored in mustard-yellow that is designed and built on old colonial house styles.

The old-fashioned houses and ancient monuments have always intrigued visitors and lured travelers for a long time now. Moreover, during the rainy season, Pondicherry gets additional charm, romance, and beauty making it even better for travelers.

19 Malshej Ghats

Living in Mumbai is hectic and people love to find short escapes and offbeat destinations near Mumbai to have a peaceful time around. If you too are looking for one during the monsoon season in India then heading towards Malshej Ghats is not a bad idea. One of the finest hill stations in Maharashtra– Malshej Ghats serves a huge crowd of travelers and families on vacation.

Blessed with a diversity of flora and fauna, some of them being rare species, this destination has always mesmerized visitors with its natural beauty. The rainy season in Maharashtra makes this place even better with blossoming flowers and a cleaner environment.

20 Alibaug

Another very fine monsoon destination of India in Maharashtra is Alibaug. It is a small town in the state of Maharashtra that's located in the Konkan region. Owing to its natural beauty and beaches, the number of visitors coming here has been increasing year after year.

What makes it a popular tourist destination amongst visitors? It has scrumptious cuisines, culture, nightlife, rich history, and a decent list of places to visit in the town. Some of the popular activities to enjoy in Alibaug include banana riding, jet-skiing, and horse riding.

July 2024

TAROT

Loveena Crystal Gaze
(Tarot card Reader, Numerologist)

ARIES
(March 21- April 19)

Universe is sending you heavenly love, period of fulfillment of wishes. Career growth is indicated. Magical energy is Surrounding you.

Angel msg- Personal relationship will enter new phase with warmth, emotional compatibility.

TAURUS
(April 20- May 21)

Your dreams for achieving success are coming true. Something what you have asked for is coming true. stay positive. Happiness awaits you. Money inflow is encouraging.

Angel msg- Couples will be blessed with a child.

GEMINI
(May 22- June 20)

Surprises are in store for you, allow changes to happen. Let new energy come in your life. A trip out of town will be necessary for career growth. Parents need your care and attention.

Angel msg- Eliminate clutter from your home.

CANCER
(June 21-July 22)

Universe is blessing your dreams, Ask and you shall receive. Prayers have been heard. Universe is opening doors of opportunities for you. Relax, and trust angels .All blocks are over in your relationship.

Angel msg- Change of residence will bring positive results, and abundance in your life.you.

LEO
(July 23- Aug 22)

Angels of prosperity are Sending out blessings of great abundance. Celebration period ahead. Your time has come to collect the rewards from heaven.

Angel msg- Be Optimistic, Aura is energized for financial gains.

VIRGO
(Aug 23- Sept 22)

You are Surrounded by positive energy, life is great now. Angels are blessing you to realize your dreams, and touch new heights in your Career and personal life. Success is assured.

Angel msg- Celebrate, live in the now and let go of past.

LIBRA
(Sept 23- Oct 22)

Angels are Surrounding you with loving light. Travel abroad for work is indicated bringing financial Abundance, lots of fame, prosperity coming in your life.

Angel msg- Miracles will happen in your life Thank the universe.

SCORPIO
(Oct 23- Nov 22)

Perfect time to embrace your hearts desire, make a wish, and enjoy its manifestation. Universe is in a generous mood to grant you favours. Business ventures will prove beneficial.

Angel msg- A longed for wish comes true, love life will blossom into long term commitment.

SAGITTARIUS
(Nov 23- Dec 21)

Excellent period for new projects to be Successful. Keep charging ahead. Deals will be Signed. New dawn is coming in your life taking away all delays, Setbacks.

Angel msg- Aim high, to achieve your success.

CAPRICON
(Dec 22- Jan 20)

Good days are coming ahead, Visualise your dreams. Dreamt of projects will be finalized. Spread your wings. Smooth road ahead.

Angel msg- A new place of employment will bring positive new energy. Don't descend, fly high

AQUARIUS
(Jan 21- Feb 18)

Universe is guiding you, go with the flow. Remove clutter from your mind and surroundings. Health needs care and attention. Angels are protecting you. Allow yourself to glow in the positive Aura of the universe.

Angel msg- You are protected from all types of harm, positive time begins.blessing you.

PISCES
(Feb 19- March 20)

You are going closer to your goal. Heaven is working behind the scenes to help you, even if you don't see results yet. Leave your cares to angels. Soar with happiness. Love life blossoms.

Angel msg- All dreams will be realized. Reach for the stars.

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